



How to change front anti
roll bar links on **VW Golf**
III Estate (1H5) –
replacement guide

SIMILAR VIDEO TUTORIAL



This video shows the replacement procedure of a similar car part on another vehicle

i Important!

This replacement procedure can be used for:

VW Golf III Estate (1H5) 1.9 D, VW Golf III Estate (1H5) 1.9 TD, VW Golf III Estate (1H5) 1.4, VW Golf III Estate (1H5) 1.8, VW Golf III Estate (1H5) 2.0, VW Golf III Estate (1H5) 1.9 TDI, VW Golf III Estate (1H5) 1.6, VW Golf III Estate (1H5) 1.9 SDI

The steps may slightly vary depending on the car design.

This tutorial was created based on the replacement procedure for a similar car part on: VW Golf III Hatchback (1H1) 1.6

REPLACEMENT: ANTI ROLL BAR LINKS – VW GOLF III ESTATE (1H5). LIST OF THE TOOLS YOU'LL NEED:



- Wire brush
- WD-40 spray
- Copper grease
- Drive socket # 13
- Drive socket # 19
- Wheel impact socket #17
- Ratchet wrench
- Torque wrench
- Crow bar
- Wheel chock

[Buy tools](#)

AUTODOC recommends:

- Replace the stabiliser links on VW Golf III Estate (1H5) in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- All work should be done with the engine stopped.

REPLACEMENT: ANTI ROLL BAR LINKS – VW GOLF III ESTATE (1H5). TAKE THE FOLLOWING STEPS:

1

Secure the wheels with chocks.



2

Loosen the wheel mounting bolts. Use wheel impact socket #17.

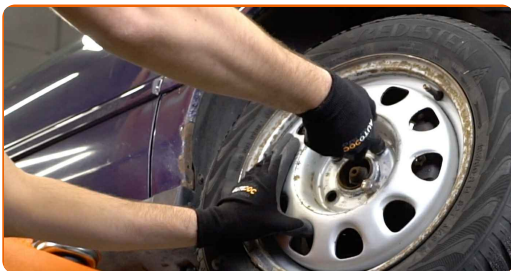


3

Raise the front of the car and secure on supports.

4

Unscrew the wheel bolts.

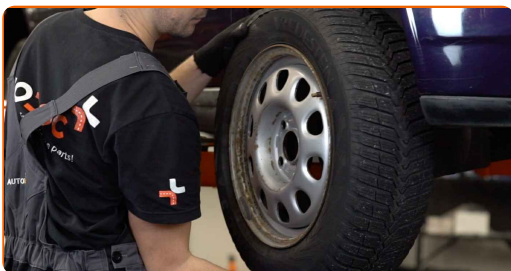


AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while unscrewing the fastening bolts. VW Golf III Estate (1H5)

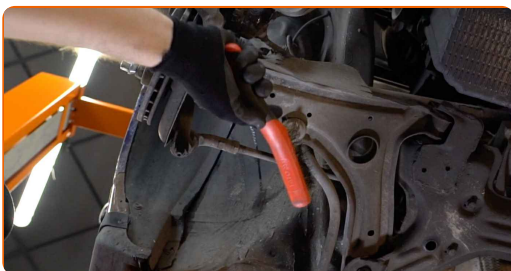
5

Remove the wheel.



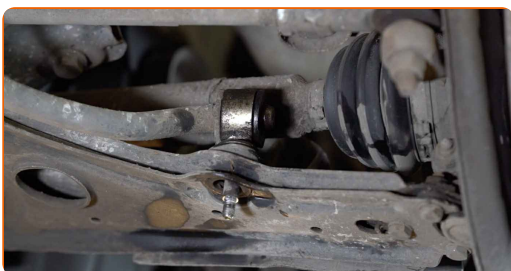
6

Clean the stabiliser link fasteners. Use a wire brush. Use WD-40 spray.



7

Unscrew the fastener connecting the stabilizer bar with the control arm. Use a drive socket #13. Use a ratchet wrench.



8

Remove the stabilizer rod. Use a crowbar.

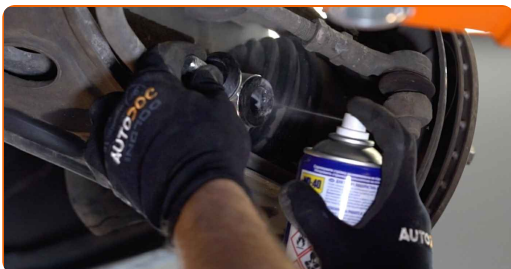


Replacement: anti roll bar links – VW Golf III Estate (1H5). AUTODOC recommends:

- Examine stabiliser bushes. Replace them if needed.

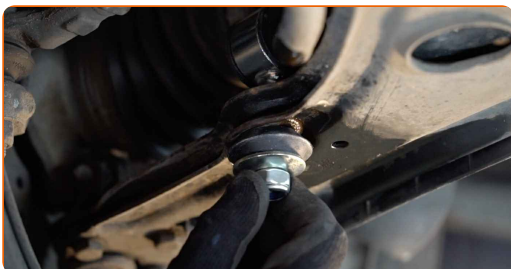
9

Clean the stabiliser link fasteners. Use a wire brush. Use WD-40 spray.

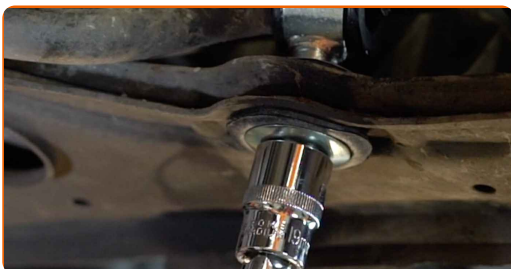


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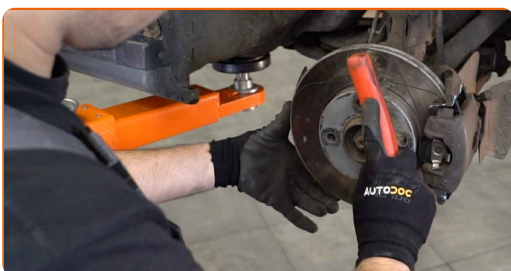
Install a new rod, tighten the fasteners. Use a crowbar.



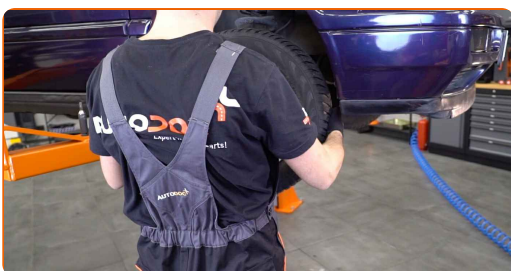
- 11 Tighten the fastener connecting the stabilizer bar with the control arm. Use a drive socket #19. Use a torque wrench. Tighten it to 35 Nm torque.



- 12 Clean the wheel rim mounting seat. Use a wire brush. Treat the contacting surface. Use copper grease.



- 13 Install the wheel.



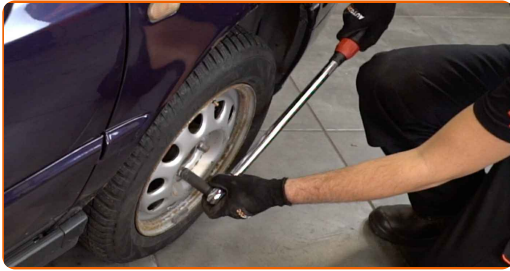
AUTODOC recommends:

- Important! Hold the wheel while screwing in the fastening bolts. VW Golf III Estate (1H5)

- 14 Screw in the wheel bolts. Use wheel impact socket #17.

15

Lower the car and working in a cross order, tighten the wheel bolts. Use wheel impact socket #17. Use a torque wrench. Tighten it to 110 Nm torque.

**16**

Remove the jacks and chocks.

WELL DONE! 

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ANTI ROLL BAR LINKS: A WIDE SELECTION

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